

### **Abstract**

An extendable and retractable column which is formed from at least three linked sections. The linked sections include a plurality of individual sections linked end to end. As the linked sections are extended, each of the individual sections of the linked chains engage individual sections of adjacent linked chains to form a column. As the linked sections are retracted, each of the individual sections of the linked chains disengage from the individual section of the adjacent linked sections and the individual linked sections may be rolled up for compact storage.